

APPARATUS AND METHODS FOR PAD ASSEMBLIES
FOR EXERCISE MACHINES

ABSTRACT OF THE DISCLOSURE

Apparatus and methods for pad assemblies for exercise machines are disclosed. In one embodiment, a pad assembly for an exercise machine includes a layer of compressible padding having a first surface adapted to engage a portion of a user's body and a second surface opposite from the first surface. A backing structure is attached to the layer of compressible padding and has a backing surface proximate the second surface. The backing surface is shaped to provide an approximately uniform-thickness portion of the layer of compressible padding when a compression force is applied to the first surface during an exercise. The approximately uniform-thickness portion may be coextensive with the portion of the user's body.